

AVOCADO MELON BREAKFAST SMOOTHIE

A delightful concoction of green fruit plus fat-free dairy, With convenience built in, this refreshing smoothie can be made a day ahead. Keeps well in the refrigerator up to 24 hours.

Preparation time: 5 minutes

Serves: 2

INGREDIENTS:

- 1 large, ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- Juice from ½ lime (1½ tsp lime juice)
- 1 cup (8 oz) milk, fat-free
- 1 cup fat-free yogurt, plain
- ½ cup 100% apple juice or white grape juice
- 1 tbsp honey

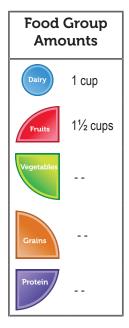


DIRECTIONS:

- 1. Cut avocado in half, remove pit.
- 2. Scoop out flesh, place in blender.
- 3. Add remaining ingredients; blend well.
- 4. Serve cold. (Holds well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.)

Serving Suggestions:

Serve with one slice toasted whole-wheat bread.



Amount Per Servina			
Calories 320	reiving	Colorino A	rom Fat 10
Calories 320			
		%Da	ily Value
Total Fat 11g			179
Saturated Fat	1.5g		89
Trans Fat 0g			
Cholesterol 5	ima		2º
Sodium 170m	n		79
Total Carboh	-	,	15
		9	209
Dietary Fiber 5	g		20
Sugars 37g			
Protein 13g			
Vitamin A 8%	•	Vitan	nin C 809
Calcium 40%			Iron 49
* Percent Daily calorie diet. You	ır Daily Valu	ies may be calorie nee	higher
	Calories:	2,000	
or lower depend			80g
or lower depend Total Fat Sat Fat	Calories: Less than Less than	65g 20g	80g 25g
or lower depend Total Fat Sat Fat	Calories: Less than	65g 20g 300mg	80g 25g 300mg

Tips on how to select and store:

- Look for fresh avocados with uniform fruit appearance that are heavy for their size. Avoid dark blemishes or overly dark fruit. To tell if
 an avocado is ready for immediate use, gently squeeze the fruit in the palm of your hand. Ripe, ready-to-eat fruit will yield to gentle
 pressure.
- Place your avocado sideways on the table, cut it lengthwise around the seed. Turn and cut again. Pull apart the four quarters and remove the seed.

Recipe Submitted by Produce For Better Health Foundation



